

Whispering Pines

**The Northern
Association of
Community
Councils Inc.**

Fall

2013

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MISSION STATEMENT

The purpose of NACC is to be a meaningful and effective advocacy group.

To improve the quality of life in Northern Association Communities by having positive, proactive meetings with Ministers and Cabinet on issues affecting our communities and to inform and involve community councils and residents in our progress. We believe that all communities are unique and that their needs and interests should be recognized.



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2014 COMMUNITY PLACES GRANT APPLICATIONS AVAILABLE FOR MANITOBA COMMUNITIES

Grants Assist in Improving Quality of Life in Communities Throughout Province: Premier

Manitoba communities can once again apply for grants to improve their recreational and wellness facilities through the Community Places Program, Premier Greg Selinger announced here today.

The premier made the announcement while touring the Care-A-Lot For Tots daycare's new play structure, built with \$10,000 in support from the provincial government program.

"Along with supporting a variety of non-profit community organizations' facilities such as the upgrading of seniors centres and recreational sporting facilities, Community Places grants revitalize and bring employment to communities throughout the province," said Selinger. "These investments keep public facilities and recreational sites in good condition so they can serve communities in the future."

The Community Places Program provides funding and planning assistance to non-profit community organizations for facility construction, upgrading, expansion or acquisition projects. Eligible projects are those that provide sustainable recreation and wellness benefits to communities.

Eligible projects can receive up to 50 per cent of the first \$15,000 of total project costs and up to one-third of costs over that amount. The maximum grant is \$50,000. Applicants must contribute to project costs by providing additional resources from local fundraising, grants from local governments and other sources, or donated labour and materials.

Examples of Community Places Program projects approved in 2013 include:

- a gymnasium expansion project for the Queenston School advisory council;
- a minor/senior ball diamond retrofit for the Neepawa Minor Baseball Association;

- a year-round washroom facility at Assiniboine Park's Lyric Theatre for the Assiniboine Park Conservancy;
- a relocation and renovation of the Boissevain and Morton Regional Library;
- a roof renovation for the Poplarfield Community Centre;
- a playground expansion for the Fisher Branch Care-A-Lot for Tots daycare;
- a playground for the city of Steinbach; and
- a roof replacement for the Emerson Co-operative Community Centre.

Since its inception, Community Places has provided more than \$107.4 million in grants to support 7,056 community construction projects province-wide. These grants have leveraged an estimated \$691.6 million in infrastructure improvements in both rural and urban communities. Community Places has provided funding and planning assistance for 11,200 applicants from non-profit community organizations.

To receive a grant application or for more information, contact the Community Places Program office by telephone at 204-945-0502 in Winnipeg or 1-800-894-3777 (toll-free), by email at mcpp@gov.mb.ca or on the website at www.manitoba.ca/housing/cpp. Grant applications are now being accepted until Dec. 15.

Condolences

The NACC Board of Directors and Staff would like to offer our condolences to the family and friends of Shirley Parenteau of Camperville, Manitoba.

7th National Aboriginal Diabetes Conference

Save the date on November 26, 27, and 28, 2013 for:

7th National Aboriginal Diabetes Conference and Diabetes Strategic Planning Session – Celebrating Success: Building Healthier Pathways

Victoria Inn Hotel & Convention Centre
1808 Wellington Avenue, Winnipeg, Manitoba

This Conference Will Appeal To

- Community Diabetes Prevention Workers and Educators
- Health Care Professionals and Managers
- People living with Diabetes
- Elders, Community, Students and NADA Members
- Regional and National leaders
- Aboriginal and non-Aboriginal leaders
- Federal and Provincial government representatives
- Academics
- Non-profit organizations

Conference Activities Include

- Plenary Sessions – Key Note Speakers
- Variety of Workshops on Diabetes and Diabetes Strategies
- Trade show and Poster Displays
- Sponsorship opportunities
- Celebration of the 15th Anniversary of the ADI
- Partnership, building networks and collaborations
- And so much more

7th National Aboriginal Diabetes Conference

Celebrating Success: Building Healthier Pathways
Winnipeg MB

Keep the Date

November 26 – 28, 2013



National Aboriginal Diabetes Association

Youth Based Community Resource

HAVE YOU EVER ASKED YOURSELF,

How Can I Help My Community?

Well, here is your chance!

Proposals are now being accepted for a unique and new program known as **YBCR**

Eligibility:

- Aboriginal Ancestry
- Youth currently attending school
- In Grade 9-12
- Individual or team projects

Equipment Prizes:

- 1st Place—\$25,000 equipment voucher
- 2nd Place—\$18,000 equipment voucher
- 3rd Place—\$10,000 equipment voucher



All proposals to be sent to info@aboriginalnetwork.ca and must be Microsoft Word ~or~ Adobe PDF formats. **(Proposal – Maximum of 4 pages)**

*****Submission Deadline is 4:30 PM on Friday, November 1, 2013*****

Made possible through the support of Innovation, Energy and Mines (IEM)



For more information, please contact info@aboriginalnetwork.ca

PROVINCE SEEKS TO HONOUR MANITOBANS CONTRIBUTING TO SUSTAINABILITY

Nominations Open for 2013 Excellence in Sustainability Awards: Mackintosh

Nominations are now being accepted for the 2013 Excellence in Sustainability Awards, Conservation and Water Stewardship Minister Gord Mackintosh announced today.

"These awards recognize and celebrate Manitobans engaged in innovative projects and initiatives that are enhancing sustainability in our province," said Mackintosh. "This is a wonderful opportunity for communities and individuals to gain recognition for their efforts to create a vibrant and sustainable Manitoba."

Any individual, business, organization or community group in Manitoba is eligible to apply or be nominated for one award in the following categories:

- action on climate change, air quality and energy efficiency;
- sustainability in water and natural area stewardship;
- sustainability in pollution prevention and product stewardship;
- education for sustainability;
- innovation and research for sustainability;
- champion for sustainability;
- sustainable community; and
- outstanding achievement in sustainability.

The minister noted TomorrowNow – Manitoba's Green Plan highlights sustainability issues, and a new category was added to the sustainability awards to recognize sustainable communities as part of the implementation of the strategy. More information on the plan is available at www.gov.mb.ca/conservation/tomorrownowgreenplan.

Local governments and community organizations across the province are encouraged to apply for the sustainable community award which recognizes innovative efforts to implement sustainable development practices, Mackintosh said.

The deadline for nominations and applications is noon, Friday, Nov. 29.

Information about the awards program and how to apply can be found at www.manitoba.ca/conservation/susresmb/mrtsd/mesa/, by calling 204-945-4391 in Winnipeg or 1-800-282-8069 (toll-free), or by emailing mrtsd@gov.mb.ca.

The Manitoba Round Table for Sustainable Development established the awards program in 2008 to showcase individual and collective efforts that incorporate the positive impact of decisions and actions on the environment, the economy, and human health and well-being.

The Manitoba Round Table for Sustainable Development is an advisory board that provides advice and support to the Manitoba government about responsible resource management and land use, and environmental, social and economic development.

NEW BOOSTER SEAT LAWS

By law, all children under 5 years of age and weighing less than 22 kg (50lbs) must travel in an approved child car seat at all times.

On August 8, 2013, a new law comes into effect in Manitoba, mandating the use of booster seats for children of a certain age traveling in motor vehicles. Provincial law requires that children be seated in booster seats until they are at least 45 1 m (4 ft. 9 in.), they weigh at least 36 kg (80 pounds) OR have to be at least 9 years of age.

PROVINCE'S PARTNER 4 GROWTH PROGRAM PROVIDES \$130,000 IN SUPPORT FUNDING FOR 16 NEW COMMUNITY ECONOMIC DEVELOPMENT PROJECTS

The provincial Partner 4 Growth program will help Manitoba communities pursue opportunities to strengthen and diversify local economic activity with \$130,000 in support funding for the 16 projects approved this year, Agriculture, Food and Rural Initiatives Minister Ron Kostyshyn announced today.

"This program encourages communities and non-profit organizations to work together on projects that will grow local economies, creating jobs for rural Manitoba families and sustainable economic benefits for their communities and regions," said Kostyshyn. "By supporting community-driven projects that take advantage of local opportunities, we are leveraging local resources into sustainable economic benefits for families, businesses, communities and the province."

The program provides 50-50 cost-shared grants to a maximum of \$8,000 for the identification of economic opportunities or investigation of its feasibility and the second component will fund projects up to \$15,000 for activities that help complete the project, the minister said, adding all projects must be of a regional nature and must impact more than one local government geographic area.

Kostyshyn said projects to receive funding include:

- a project by the Parkland Agricultural Resources Co-op to attract business investment into the Parkland region,
- a feasibility study for an essential oil business in the Lynn Lake region,
- a study of the skilled-trade needs in the Winkler area with a view to establishing appropriate training programs, and
- using a regional economic analysis process to identify potential business opportunities for the Oak Lake region in partnership with Sioux Valley First Nations.

"This program enables communities of all sizes to advance rural economic development with strategic partners," said Kostyshyn. "The success of these initiatives will also help the province identify the regional priorities that have gained local support and become the basis for future rural development initiatives."

For more information about Partner 4 Growth, and to see a list of previous Grant Recipients, visit:

<http://www.gov.mb.ca/agriculture/rural-communities/economic-development/partner-4-growth.html>

NEW INITIATIVES TO PROMOTE FOOD SAFETY FROM FARM TO FORK AND ANIMAL WELFARE BEST PRACTICES FOR PRODUCERS AND PROCESSORS

Working with Manitobans to ensure food is safe from farm to fork is the goal of the Growing Assurance – Food Safety initiatives being launched as part of the federal-provincial Growing Forward 2 agreement, Agriculture, Food and Rural Initiatives Minister Ron Kostyshyn and Member of Parliament James Bezan, Selkirk-Interlake, on behalf of Agriculture Minister Gerry Ritz, announced today.

"The process of food safety begins on farms, then moves to include processors, the transportation industry and retailers, and ends on the consumer's plate," said Minister Kostyshyn. "Meeting high food safety standards will benefit the agri-food industry by maintaining consumer confidence, increasing market access, enhancing product quality and consistency, and reducing waste in a world where food is a valuable commodity."

"Food safety is a priority for our government," said Mr. Bezan. "These initiatives will provide farmers and processors with the resources they need to continue producing high quality food products."

Growing Assurance – Food Safety initiatives contain two streams that address the safety of food through on-farm procedures and in the processing and distribution sectors.

The on-farm stream provides financial assistance to agricultural producers to adopt assurance systems and best management practices related to food safety issues like storage and sanitation, biosecurity, plant and animal health, traceability and animal welfare. Programming will also support surveillance and emergency preparedness systems.

The processing and distribution stream provides financial assistance to food processors, distributors, transporters and direct contact packaging manufacturers. The goal is to help implement food safety systems and best practices that reduce risk factors throughout the industry.

"It is essential that food safety practices be part of every step of the food chain," said Minister Kostyshyn. "Building food safety procedures into production and processing will benefit producers by improving marketplace recognition for high standards at the local, national and international levels."

Growing Assurance – Food Safety initiatives are initially being allocated over \$2 million in 2013-14 under Growing Forward 2 for approved projects like preventative food safety programs, support programming for the Verified Beef Production program and a biosecurity program based on the Canadian Swine Health Board standards.

For more information on the Growing Assurance– Food Safety initiatives visit www.manitoba.ca/agriculture and click on Growing Assurance, or contact the nearest Manitoba Agriculture, Food and Rural Initiatives (MAFRI) GO office.

In Manitoba, federal and provincial governments are investing \$176 million over five years to the Growing Forward 2 programs.

Growing Forward 2, a five-year, federal-provincial-territorial policy framework, is investing \$3 billion nationally to advance the agriculture industry, helping producers and processors become more innovative and competitive in world markets. For more information on the Growing Forward 2 agreement, visit www.agr.gc.ca/growingforward2.

Seasonal Super Foods

Zucchini: what do I do?

Zucchini is a member of the Cucurbitaceae family and is closely related to winter squash such as pumpkins and other gourds, melons and cucumbers. Although generally referred to and eaten as a vegetable (the most common exception being sweet zucchini bread), zucchini is actually a fruit.

The entire fruit is edible, including the skin, flower, and seeds and can be eaten boiled, steamed, sautéed, fried and baked. Smaller zucchini will be younger and more tender. Select skins free of blemishes and with a bright color.

Zucchini is great for adding extra “veggie” servings to your baking. It is mild in flavour, allowing it to blend in easily. Zucchini is very low in calories (1 cup has only 20 calories). Let’s look at why zucchini is so good for you!

Nutritional info:

1 cup – 20 calories

| Amounts per Selected Serving | %DV |
|---------------------------------------|-----|
| Vitamin A – 248 IU | 5% |
| Vitamin C - 21.1 mg | 35% |
| Vitamin E (Alpha Tocopherol) - 0.1 mg | 1% |
| Vitamin K - 5.3 mcg | 7% |
| Thiamin - 0.1 mg | 4% |
| Riboflavin - 0.2 mg | 10% |
| Niacin - 0.6 mg | 3% |
| Vitamin B6 - 0.3 mg | 14% |
| Folate - 36.0 - mcg | 9% |
| Dietary Fiber - 1.4 g | 5% |
| Protein - 1.5 g | 3% |

Zucchini is a low-glycemic food that will not spike your blood sugar, but will instead provide a steady source of glucose to your system. Zucchini is very high in water content and fiber. This means it is filling, as well as nutritious. The low calorie count enables you to eat large portions without going over your calorie requirements.



Ways to use zucchini:

- Cut a zucchini lengthwise in thin strips and use in place of lasagna noodles
- Shred and add to pasta sauces, meat loafs, burgers, casseroles, etc.
- Add to cookies, brownies, cakes, and loafs
- Roasted with other veggies
- Dice a zucchini up and add it to a stew
- Shred and make zucchini fritters
- Cut into sticks, batter, bake and make zucchini fries
- Experiment and use zucchini in a cobbler recipe
- Slice and put zucchini through a pasta maker to use as a low carb pasta replacement

Benefits of Dark Chocolate

No, it’s not too good to be true. Dark chocolate—that rich, delicious treat—also holds some truly powerful health benefits! Here are just a few:

- Dark chocolate has antioxidant properties—and antioxidants are definitely good for us! Antioxidants help remove potentially damaging agents from our bodies.
- It’s good for your heart! Studies have shown that a small amount of dark chocolate two or three times a week can actually help to LOWER your blood pressure!
- It’s good for your brain! Dark chocolate not only helps with blood flow to your heart—it also helps with blood flow to your brain, as well. This can help with your cognitive function—and it can even help prevent a stroke!
- Dark chocolate helps control your blood sugar. Because it helps keep your blood vessels healthy and your circulation unimpaired, dark chocolate actually helps protect against Type 2 Diabetes! Certain properties of dark chocolate can also help reduce insulin resistance by helping your cells function normally.
- And—of course—it’s a good source of vitamins and minerals. Dark chocolate contains: Potassium, Copper, Magnesium, Iron, among others!

So the next time you’re enjoying a piece of dark chocolate, make sure to pat yourself on the back for making a healthy choice!



Introduction from Shara Werestiuk NHFI Project Coordinator—Term

Hello,

My name is Shara Werestiuk and I am the current Northern Healthy Foods Initiative Project Coordinator until Vanessa returns from maternity leave.

I am looking forward to being a part of all the community projects. There's a lot to learn and I am excited about the potential in the projects that are already running!

I have a small container garden that has given me a great amount of peas and tomatoes this year. I also love to do canning and experiment with different flavours of jam and soups.

This year I started a very small healthy eating group in Winnipeg. The first few classes, the group partnered with Dig In Manitoba and focused on meal planning, composting, and ways to make the most of the food you have. This fall I had the opportunity to run a few canning parties to get people more involved in their own food production and preservation. I feel that it is very important to a person's health and happiness to have affordable access, year round, to local fruit and veggies. Growing your own food to can adds an extra personal pride in the canned food you are able to provide for your families. I've also found that getting children involved in gardening and food preparation makes them more willing to eat different foods. I have a 3 year old girl that loves to help me garden and cook and she loves to taste things along the way!

I had a wonderful time meeting everybody and please feel free to call or email me with any questions you have! I will do my best to give you answers and support with community projects!

Shara Werestiuk

Farm to School Manitoba

Farm to School Manitoba Healthy Choice Fundraiser is back for another year of distributing local Manitoba grown vegetables to communities' province wide. Delivery is included with every order; we travel by road, rail line or plane! This non-profit fundraiser is partnered with the Manitoba Association of Home Economists, Peak of the Market, Buy Manitoba and the Province of Manitoba. Together they are giving schools and daycares the opportunity to fundraise by selling bundles of locally grown potatoes, carrots, onions, parsnips and cabbage in \$10 or \$20 bundles; with a 50% return of total sales. Our new connection with Manitoba Association of Food Banks is helping us deliver donated bundles on behalf of schools and daycares across Manitoba.

Help us reach our goal of distributing 1.2 million pounds of vegetables, that's 1 pound for every Manitoban in our province!

For more information visit www.farmtoschoolmanitoba.ca or call 1-888-289-7325 (ext. 224)
Happy Fundraising!

**Vegetables are conveniently sold in bundles
& come in a recyclable shopping bag**

A for AWESOME!

A \$10

16 Profit!

Bundle

2lb Carrots

2lb Yellow Cooking Onions

5lb Red Potatoes

B for BIG VALUE!

B \$20

110 Profit!

Bundle

3lb Carrots

1lb Parsnips

3lb Yellow Cooking Onions

10lb Red Potatoes

1 Head Green Cabbage

Help Out Your Community

Donate bundles to the Manitoba Association of Food Banks.
Delivery to food banks included with orders.

Manitoba Association of Food Banks
Thank-You

NACC Office Report

The NACC Board of Directors and Staff would like to thank all of our delegates, CAOs, observers and invited guests for attending our 43rd Annual General Meeting and Tradeshow. We hope that you were able to take relevant and useful information back to your communities.

THANK YOU TO OUR SPONSORS

We would like to once again extend thanks to our sponsors for the 43rd AGM & Tradeshow.

Sponsors this year included:

Manitoba Hydro
Vale
MTS AllStream
Louisiana Pacific Canada Ltd.
The City of Thompson
Waterhen Community Council
Barbara Marcyniuk
Einarssons Guide Services
Bayline Regional Round Table



44th AGM & Tradeshow

Preparations for the 44th Annual General Meeting and Tradeshow are already underway.

Elections

We would like to remind councils that NACC's 44th AGM and Tradeshow will include elections for the positions of:

Western Chairperson
Eastern Chairperson
Northern Chairperson
President

The term for the Executive Board of Directors Positions is every three years.

The Executive Board of Directors meet every month in Winnipeg. Executive Board members also attend meetings as representatives of NACC where needed and requested, as well as assist with community concerns.

45th AGM

Elections for the remaining Board of Directors positions will occur at NACC's 45th Annual General Meeting, with terms ending at the 48th AGM in 2018. These positions include:

Western Vice-Chairperson
Eastern Vice-Chairperson
Northern Vice-Chairperson
Western Secretary/Treasurer
Eastern Secretary/Treasurer
Northern Secretary/Treasurer

The Board of Directors meets three times a year. Members of the Board of Directors also attend additional meetings as representatives of NACC as needed, as well as assist with community concerns.

If you have any further questions regarding the elections for the NACC Board of Directors, please contact the NACC office.

Executive Reports

Reg Meade—President



Hello Whispering Pines readers,

The NACC held a very successful Annual General Meeting and Tradeshow at the Canad Inn Polo Park, from August 13-16th. Thank you to all the elected officials, presenters, and special guests who made it possible.

The Executive Board has been busy speaking with communities regarding Bi Pole III, and I have had many meetings with Manitoba Hydro to discuss the community concerns. We will be meeting with more Ministers and Officials to discuss the resolutions passed from the 43rd AGM and Tradeshow, and will keep the communities updated in the process.

In the upcoming months, I will be attending the Frontier Foundation Housing Conference, and the Manitoba Minerals and Mining conference. We look forward to speaking with community members and officials who are encouraged to attend. On behalf of the NACC Board of Directors and Staff, we wish everyone a safe and happy holiday season.



Helgi Einarsson
Eastern Chairperson

Hi once again. It was nice to see everyone at the AGM this summer and to have the opportunity to speak with the delegates and community members.

On a community note, we are still dealing with the effects of the flood of 2011. I know that many other communities are as well, and I am hoping that we can find a resolution sooner rather than later.

All resolutions from the AGM have been forwarded to the appropriate ministers.

I attended the pre-screening for Capital Projects. There are some concerns with the applications, I am hoping that next year we will see a better result.

I would like to wish everyone a thoughtful Remembrance Day, and a Merry Christmas and Happy New Year.



Glen Flett
Northern Chairperson

It was good to see all of the council members and special guests at the AGM in August, I hope you were able to take some good, relevant information back to your communities.

I would like to thank the staff of NACC for their dedication and hard work. They worked hard to make sure that this year's 43rd AGM was a successful one.

It is enjoyable to be working with other leaders and staff to make the NACC a respectful organization as we work together towards our goals. Many of us have the same goals, and it is good to see the support between communities for them.

I was recently in Thompson for the Capital Screening and I recognized that we face some challenges with our applications for Capital Projects. Hopefully, moving forward with the help of ANA staff we will see more projects make it to the screening next year.

During our regional meeting at the AGM, the Northern Region had a very good discussion about concerns regarding transportation to and from medical facilities. NACC is working to address these concerns, and we will continue to update about them.

The resolutions that councils brought forward to the 43rd AGM are being sent to the ministers and appropriate departments, NACC will continue to follow up on these.

Have a good and safe Holiday Season and a great New Year!



Anne Lacquette
Western Chairperson

We had another successful conference. Everything seemed to go well and I heard lots of positive comments from the delegates.

I would like to send condolences to the family of Shirley Parenteau from Camperville. She served her community for many years as a member of Camperville Council.

Now that school is open again make sure that you take precautions when driving around school buses and in school zones.

People are preparing for another winter. Many of our communities hosted canning and fish smoking workshops to show the residents ways to preserve locally grown food.

Communities needs to start working on their Capital applications. Also make sure that these applications are filled out fully and properly to ensure that they will be considered.

Happy Holidays to everyone on behalf of the NACC Western Board members.

Baking with Zucchini

Zucchini is great for adding extra veggie servings to your baking. It is mild in flavour, allowing it to blend in easily. Zucchini is very low in calories (1 cup has only 20 calories!), a good source of fibre, folate, and vitamin C! Here are some tasty recipes to make use of your zucchini harvest!

Chocolate Zucchini Bread

1 1/2 cups - shredded raw zucchini
1 cup - all-purpose flour
1/2 cup - unsweetened natural cocoa powder, sifted
3/4 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon ground cinnamon (optional)
3/4 cup - semi sweet or bittersweet chocolate chips
2 large eggs
1/2 cup (120 ml) vegetable, safflower, corn, or canola oil
1/2 cup - granulated white sugar
1/2 cup - firmly packed light brown sugar
1 teaspoon pure vanilla extract

Directions

Preheat oven to 350 degrees and place rack in the center of the oven.

Grease a 9 x 5 x 3 loaf pan.

Grate the zucchini, using a medium sized grater. Set aside.

In a large bowl whisk together the flour, cocoa powder, baking soda, baking powder, salt, and ground cinnamon. Then fold in the chocolate chips.

In another large bowl whisk the eggs. Then add the oil, sugars, and vanilla extract and whisk until well blended (can use an electric hand mixer or a stand mixer). Fold in the grated zucchini. Then fold into the flour mixture, stirring just until combined. Scrape the batter into the prepared pan and bake until the bread has risen and a toothpick inserted in the center comes out clean, about 55 to 65 minutes. Place on a wire rack to cool for about 10 minutes, then remove the bread from the pan and cool completely. This bread can be stored at room temperature for several days, or it can be frozen.

Makes one loaf.



Whispering Pines is a quarterly publication of The Northern Association of Community Councils, which provides an essential means of communication between isolated communities and regions.

Whispering Pines has been serving as an information tool of northern communities since the early 1970's.

We encourage community council members to submit comments, suggestions, articles and ideas to the editor.

When submitting letters and articles please include the author's name, address and telephone number.

Letters may be edited and represent the opinions of their writers, they do not reflect the opinions of the Whispering Pines or its staff.

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We look forward to hearing from you!

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